

Fat Out..... Flavor In

A little fat goes a long way. One teaspoon of butter or oil has 5 grams of fat and about 45 calories. Check out these tips to cut fat and add flavor:

- Watch toppings (sour cream, whipped cream) and sauces (gravy, cream sauce, Hollandaise) because they can add extra fat to foods. When eating out, ask for the topping or sauce to be put on the side. Ask for lower fat options like salsa, mustard, or ketchup.

- For salads, add the dressing last. Choose fat free/reduced fat dressings, flavored vinegar, or lemon juice. Ask for the dressing on the side.



- Pick lean cuts of meats, poultry, and seafood. Trim away any fat or skin that you can see.
- Cook foods without adding fat. Use nonstick cooking spray instead of butter, margarine, or oil when grilling, frying, or sautéing. Use non-stick cookware. You can sauté in a small amount of broth. If you do add fat, use a small amount of olive or canola oil.
- Choose to bake, roast, grill, steam, poach, or pan sauté instead of frying to cut back on fat. If roasting or baking in the oven, use a rack to raise the food up off the bottom of the pan. The fat can drip away.
- Instead of using ham hock or fatback to season vegetables, use lean ham or broth to get the meat flavor.
- Use napkins or paper towels to blot out extra fat from foods. This helps with pizza or fried foods.
- Taste your food before spreading on butter or margarine. Choose another topping. Try using fruit butter or low sugar spreadable fruit on toast.



The *MOVE!* handouts, “Spice It Up” and “Recipe Smart Substitutions”, will give you more ideas on how to cut fat and add flavor.

